

# THE Dispatch

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Life is flush with  
**Change.**  
Adaptation  
is the  
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**Discovery Living and you. Meeting needs at every stage. Every member. Every day.**

[www.discoveryliving.org](http://www.discoveryliving.org)

October - December 2019

# Great Sports!



The ladies of Saddleback are primed for a night on the ballfield!

There is nothing like the spirit of sportsmanship and friendly competition to unite friends and fill a day with goodwill and a sense of real accomplishment!

Tennis has their Venus and Serena. Basketball has their Jordan and Pippen. For unified golf... it's Norton and McCrea - all the way, baby!



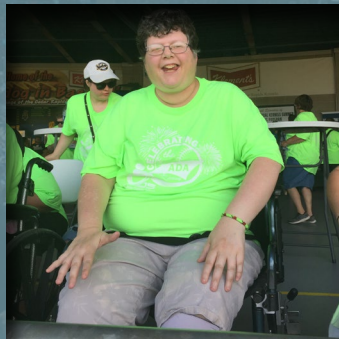
Wrestling guru, Chris Lembeck coaches a few good men on the finer points of the sport. Their goal? Wrestling primarily with the mind. Lessons started with some of the basics, but the group hopes to form their own league. Coach Lembeck is onboard and welcomes anyone who wants to join in. Optimized Wrestling Systems is the name of the gym, and he can be reached at (319) 550-1027.



**O.W.S.**  
OPTIMIZED WRESTLING SYSTEMS



ADA Night at Veteran's Memorial Stadium



## Butterburgers & Badges

This summer, local law enforcement teamed up with Amy, Sarah and Gary at Culver's to raise money for Linn County Special Olympics.



Later, the Marion Police Department hosted National Night Out at Thomas Park. The event featured K-9 officers, a dunk tank, fire trucks and even bomb robots. The Copper gals attended and had a great time!



National Night Out - 2019



# Thanks for the Memories

More than 100 people came to our Recreation Center on Tuesday, August 27, to recognize three people Discovery Living has served since our organization started residential supports in 1981.



Al Ropa, Charlie Cummins and Nancy Ryan have shared their lives with us for nearly 40 years. We provided each of our special friends, and their family, with a personalized Legacy Society print that prominently features each of their likenesses (the original painting is displayed in our large administrative center conference room).



Al, Charlie and Nancy seemed to have a great time and we were thrilled to catch up with our former executive director, John Morris and his wife Nancy. John and Nancy were pleased to see so many friends, and we were very happy to see them as well!



We also presented a copy of our Legacy Society print to John and Nancy Morris, and to founding board member Larry Sharp and his wife Claire. These presentations were in recognition of the significant and ongoing impact and support these individuals have offered our organization for 40 years.



While we look to the future, it is important to recognize individuals who were instrumental in the past, and remain committed to our future success.



Above: Green-tumbing  
At right: Shirt-twinning



"WEIRD AL" YANKOVIC

# CRIPALOPOZA

MARION BY MOONLIGHT

HOOTIE & THE BLOWFISH

PETER FRAMPTON

*A Season of Sonic Spectacles Under the Stars!*

The Prince Experience

*"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."*  
- Roy T. Bennett

THIS SUMMER, JIM VENTURED WEST TO VISIT FAMILY AND EXPERIENCE THE GREAT PACIFIC WEST!

# Vacation!

...AND CHRIS TRAVELED NORTH TO CATCH SOME SITES AND TO DIG A HOLE OR TWO IN THE EXTREME SANDBOX.





Peter Knudson has found something special. He's not only found gratification and meaning volunteering weekly at **Mercy Hospital**, he loves doing it.

Peter best shares his thoughts through writing and wrote this about his experience:

"I like volunteer(ing) at Mercy Hospital because it makes me feel good about volunteering, because I like helping people. I like Mercy a lot because I can meet new people. I make people smile because it make(s) their day and they are happy to see me every Friday"

## Peter Answers the Call to Serve

*A volunteer gig at Mercy Hospital fulfills a sense of purpose*



Once again, we are humbled by the boundless generosity of our faithful friends, the Knights of Columbus. Denis Duppong, Board Member, Mike Fitzgerald, Financial Secretary, and Lee Votroubek, Grand Knight of KC Council 5677, present a check from this year's PID (Tootsie Roll) drive.



## KNIGHTS OF COLUMBUS



Special thanks to our dear friend HAWKIJOE for the scrumptious peaches this season! Pies were baked. Cobblers consumed. And many were enjoyed box to belly!

**"It's not how much we give but how much love we put into giving." - Mother Theresa**

## Winner, Winner... Lobster Dinner!



Mike Krapfl received the Employee of the Month award at **Red Lobster** in July. He has worked there for the last few years, as a silverware roller, 5 days a week. He received a gift card for some fancy sea food as part of the award!



*Hamming it up at the Options of Linn County Awards Banquet Photobooth*



On May 1, 2019, the Governor signed **House File 610** which was unanimously passed by the House. HF 610 applies to adult guardianships and conservatorships - and minor conservatorships.

HF 610 makes changes to Iowa's adult guardianship and conservatorship laws, which will apply to minor conservatorships as well. The bill is based on recommendations from the Judicial Branch Guardianship and Conservatorship Task Force that met over a two-year period. More than 70 Iowans from multiple stakeholder groups participated. The bill:

- Requires criminal background checks for proposed guardians and conservators, as well as checks of the dependent adult abuse, sex offender and child abuse registries.
- Requires a conservator surety bond or a similar alternative to protect a person's assets.
- Requires stronger requirements for court monitoring of guardians and conservators to ensure they perform their duties, and that those under guardianship receive needed care and protection.
- Requires a hearing on the proposed guardianship or conservatorship and that a record of the hearing be made.
- Authorizes a "court visitor" to provide the court with information on whether a conservatorship or guardianship is appropriate.
- Requires the court to consider less drastic alternatives that might be appropriate, and requires the court to consider limited guardianships or conservatorships.

To view this bill: <https://www.legis.iowa.gov/legislation/BillBook?ga=88&ba=HF610>

# OVERTURNING TURNKEY

The East Central Mental Health and Disabilities region recently conducted a survey to determine direct care worker turnover rates among area providers of services for people with disabilities. While the participating agency names are confidential, we think the results are encouraging for all of us here at Discovery Living.

Direct Care Professional (DSP) Annualized Turnover Rates were collected from six area agencies, including Discovery Living. The results ranged from a low of 22% to a high of 77%. Guess which agency had the lowest annual turnover rate? You guessed it; Discovery Living's 22% annualized direct care employee turnover rate was the lowest among the responding agencies in the region.

We are very pleased to have retained so many quality employees and will continue our efforts to ensure that Discovery Living is an attractive place to work.



## A N N U A L



Because of your giving, Nancy Ryan has been able to receive services with Discovery Living for over 40 years. As a 'provider of life', your impact has enabled modifications to be made to Nancy's homes so she

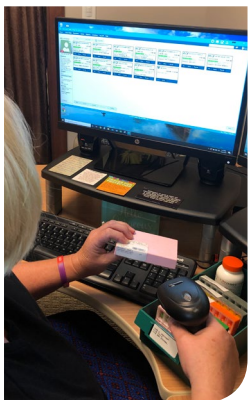
can continue to receive the needed services and supports from her caregivers. Look for Nancy's story in the **Discovery Living Annual Appeal** information in the mail in late November. Thank you for your ongoing commitment and support of Nancy and the other 140 adults with disabilities supported by Discovery Living.



## A P P E A L



Many employers offer matching programs in which an employer will either match a certain percentage of an employee's donation - or make an outright gift to a charity of your choice. We hope that you will consider supporting Discovery Living when making charitable donations, and also hope you will remember to check with your employer regarding possible matching gift programs they may offer.



In August 2018, Discovery Living was awarded a \$15,000 Organizational Development Grant from the **Greater Cedar Rapids Community Foundation**. This grant allowed us to implement and utilize an electronic medication administration system to enhance the health, safety, and quality of life for the individuals we support. Discovery Living decided to go with **CareSuite by QuickMAR** ([www.quickmar.com](http://www.quickmar.com)).

The QuickMAR software was first installed by our friends at **Clark's Pharmacy**. Once the software was in place, Clark's Pharmacy put in the time, hard work, and dedication that was required in order to get the system ready to move forward.

By December 31, 2018, all our 24/7 residential homes were equipped to implement medication administration using QuickMAR.

At our six-month review in July 2019, our agency experienced a 55% reduction in medication omissions.

A survey was conducted in July 2019 with our employees and supervisors which revealed that they are pleased with QuickMAR, find the system easy to use, and experience faster medication administration times. QuickMAR has also allowed for more time to take care of our individuals, it helps with enhancing safety for both the individuals we serve and our employees, and our employees also like the Quality Assurance features it provides.

With the implementation of QuickMAR, Discovery Living is seeing the ability to improve the quality of services, as we strive to be an agency of excellence!



*The employment of QuickMAR was made possible by a grant from the Greater Cedar Rapids Community Foundation and through the hard work of our friends at Clark's Pharmacy.*



August 2019  
49th Street

*The gang at 49th adopt a "hatch and release" philosophy, hosting several monarch butterflies during their Iowa layover.*

**DONATE**

You. That's right, YOU. As we wrap up another issue of the Dispatch, we want to take a moment and thank you, our steadfast friends and supporters, without whom there really could be no Discovery Living. Some of you are parents. Some are case managers. Some run a business that strengthens and sustains our local economy. Some of you volunteer or sit on our board. Some of you are Discovery Living employees. Almost all of you are connected to our members in some meaningful way. But there is another way you can connect with our members in a meaningful way. Did you know that while Medicaid accounts for much of Discovery Living's operational funding, we depend on regular donations to assist with the high costs of home and vehicle purchases and modifications – which add up to several hundred thousand dollars annually? Please check out the "Giving" tab at [www.discoveryliving.org](http://www.discoveryliving.org), or contact our office at (319) 378-7470 and consider some of the ways you could be a hero to one or many of the people served - and probably for a lot less than you imagine. Oh, and thank you ...for being "you."



**NEWART**

The ladies at Copper have discovered a new way to craft together... sticker mosaics! (Sort of a "sticker by numbers" concept.) Beautiful work, Ashley, Cindy and Emily!



**Norman**



**Gene**



**Mary**

**Happy Birthday**





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*Helping adults with  
intellectual disabilities  
live successful,  
satisfying lives in the  
mainstream of the  
community.*

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Care to join in? Newsletter sponsorships are now available. Sponsor once, be visible for a full year! An excellent way to both support Discovery Living AND promote your business or organization! For further details and information on how your organization can reserve your space now, contact [Monica Ravn](mailto:Monica.Ravn@discoveryliving.org) at (319) 378-7470.